

I hope you had a good start to your fall! This September was one of the first years where I didn't have anyone in the 'back-to-school' mode...

Things change before we know it!



HALLOWEEN 2006

Do you love or hate this holiday?

When my boys were young, the month of October was all about Halloween. Most years, we made our costumes and always carved one spooky and one funny pumpkin.

With my boys now grown, I'll admit I miss the excuse to get dressed up!

The trees are about to show us how
lovely it is to let go"

- UNKNOWN

COMING SOON!

The proof copies arrived!

It was an absolute thrill to touch the first copy of my book!

My proof copies arrived from KDP in mid-September and I've been doing a final read-through since then.

Rearranging formatting, correcting typos, and making some final tweaks to the language have satisfied the perfectionist in me.

Now I need to be brave enough to let this story out into the wild!



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FREEBIE

Don't miss this recipe!

Back in the days before I had numerous concussions, I played on a number of women's ice hockey teams.

Our hockey parties were an annual highlight, and I was always firmly instructed by the hosts to bring this chocolate pecan tart.

As *The Simpsons* said, "You don't win friends with salad."

[click the photo to download the recipe!]



[View Simpsons Clip](#)

What's your favourite part of fall?

[Surprise me with a story](#)



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